

HOUSE No. 1199

By Mr. LeDuc of Marlborough, petition of Stephen P. LeDuc and others relative to physical education requirements in public schools. Education.

The Commonwealth of Massachusetts

PETITION OF:

Stephen P. LeDuc	Jeffrey Sánchez
Robert F. Fennell	Barbara A. L'Italien
Joyce A. Spiliotis	Bradford Hill
Steven M. Walsh	Michael F. Rush
William Smitty Pignatelli	Patricia A. Haddad
Paul J. Donato	Shirley Gomes
Martin J. Walsh	Marie P. St. Fleur
Michael J. Rodrigues	Kevin G. Honan
Cory Atkins	Pamela P. Resor
Kathleen M. Teahan	Thomas M. Stanley
Carl M. Sciortino, Jr.	Lewis G. Evangelidis
John D. Keenan	Alice K. Wolf
Patrick M. Natale	Kevin J. Murphy
Patricia D. Jehlen	Rachel Kaprielian
Frank I. Smizik	Robert S. Hargraves
Michael E. Festa	

In the Year Two Thousand and Five.

AN ACT TO IMPROVE QUALITY PHYSICAL EDUCATION.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

- 1 *Whereas* physical inactivity and poor nutrition are major con-
- 2 tributors to the childhood obesity epidemic causing the current
- 3 generation of youth to have a lower life expectancy than their par-
- 4 ents generation;
- 5 *Whereas* childhood obesity has increased 300 percent over the
- 6 last three decades leading to a dramatic increase in the incidence

7 of heart disease, type II diabetes, and other obesity related dis-
8 eases among today's children and adolescents;

9 *Whereas* the economic impact of obesity on our health care
10 system is estimated at \$129 billion per year and physical activity
11 offers young people many overall health benefits including car-
12 diovascular endurance and maintenance of a healthy weight;

13 *Whereas* children who become competent in a wide variety of
14 motor skills are more apt to participate in a physically active
15 lifestyle.

16 Physical Education shall be a required subject in grades K-12.
17 Physical Education shall be not less than 150 minutes per week at
18 the elementary level and 225 minutes per week in middle and high
19 school levels. There shall be no substitution of other instruction
20 or activities for Physical Education.

21 Coursework shall be regulated under the National Association
22 for Sport & Physical Education (NASPE) national standards for
23 Physical Education including program and student assessment.
24 All courses shall be taught by certified Physical Education
25 teachers.